

Memorial Regional Hospital
Fitness and Rehab Center
PILATES GROUP REFORMER SCHEDULE

April 15- May 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00AM P² Rosi		6:00AM P² Rosi			
			7:30AM P² Lenka		8:00AM P² Rosi	8:15AM P² Lenka
8:30AM P² Rosi	8:55 to 9:25 TRT Lori	8:30AM P² Aviva	8:30AM P² Rosi	8:30AM P² Aviva	9:00AM Triple Threat. Rosi	9:15AM Intro Lenka
9:30AM Triple Threat Rosi	9:30AM P² Rosi	9:30AM P² Aviva	9:30AM P² Rosi	9:30AM P² Aviva	10:00AM Principles Rosi	10:15AM P² Lenka
10:30AM Intro Rosi	10:35: to 11:05 TRT Lori	10:30AM P² Aviva	10:30AM Interval mix Rosi	11:30AM P² Aviva	11:00AM L1 Joann	11:15AM P² Lenka
	4:00PM P² Rosi		4:00PM P² Rosi		12:00PM Intro Joann	
4:30PM P² Diana	5:00PM P² Joann	4:30PM P² Diana	5:00PM P² Cathy			
5:30PM P² Joann	6:00PM L2 Joann	5:30PM P² Joann	6:00 PM L2 Cathy			
6:30PM P² Joann	7:00 PM P² Joann	6:30PM P² Joann	7:00 PM P² Joann			
7:30PM Triple Threat Joann		7:30PM P² Joann				

Principles
Interval Mix
Triple Threat.
Key
L1 - Level 1
L2 - Level 2
P²
Pilates Squared
TRT - Team Reformer Training

SCHEDULE SUBJECT TO CHANGE

Cancellation policy - 24 hours notice in advance

Reservation and prepayment required **954-265-5800**

Intro Class - Free - Sign up at front desk.